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War Food Administration
Food Distribution Administration
Nutrition and Food Conservation Branch

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Industrial Nutrition Service

A wartime food problem that affects all of us is how to stretch the meat supply. There has been more meat produced this year than ever before, but more people also are able to buy meat because more of them are employed. This increased civilian demand added to the needs for the armed forces of America and to her allies, has lessened the amount of meat available for any one individual in this country.

In this war situation obviously there are not enough steaks, chops, and rib roasts to go around. Let us face that fact, and see what can be done with the many other cuts that are available. Fortunately, our nutrition will not suffer because we seldom have beefsteak. Many of the other cuts of meat are just as nutritious, and can be made tender and savory by careful preparation.

Meat scarcity is a challenge to both the homemaker and to the cook in the war plant cafeteria. They need to use their imaginations and resourcefulness to make the less choice cuts of meat tempting, and to make a little meat go a long way.

Menus need to be more carefully planned when an unfamiliar main dish appears on the menu. Beef and kidney pie, for instance, may not be an accustomed dish to the family. It will be better received when well-liked vegetables and a popular dessert accompany it.

Meat may be stretched by combining it with various other foods such as vegetables, cereals, dried peas and beans, milk, and eggs. In these "meat-extender" dishes enough meat is used to impart its flavor to the product. Vegetables, spices, and herbs may be used skillfully to enhance the flavor of the dish. Meat extenders that are appetizing in appearance and delicious in flavor will bring requests for "more" from children and war workers alike.

Another way to stretch the available meat supply is to use meat alternates frequently in place of meat. Fish, poultry, eggs, cheese, milk, dried beans and peas, and nuts are all protein foods of good quality which may be used on the menu as alternates for meat.

Cafeteria managers, boarding housekeepers, and homemakers can help to stretch the meat supply by using meat extenders and meat alternates frequently on their wartime menus. The Nutrition in Industry Division, Nutrition and Food Conservation Branch, Food Distribution Administration, has prepared menus and recipes suggesting how meat extenders and meat alternates may be used in war workers' meals.

Homemakers will find the following U.S.D.A. bulletins helpful "Meat for Thrifty Meals," Farmers' Bulletin No. 1908; "99 Ways to Share the Meat;" "Wartime Fish Cookery," Conservation Bulletin 27 may be secured from the U.S. Department of the Interior, Fish and Wildlife Service.

MENUS USING MEAT EXTENDERS AND MEAT ALTERNATES

Ham loaf
Baked sweet potatoes
Green beans
Raw carrot and turnip strips
Enriched bread and butter or
margarine
Tapioca custard
Milk, coffee, or tea

Beef and kidney pie
Buttered broccoli
Pickled beets
Whole wheat rolls and butter
or margarine
Pumpkin pie
Milk, coffee, or tea

Creamed eggs on toast
Baked potato
Green peas
Sliced tomato salad
Whole wheat bread and butter
or margarine
Apple dumpling
Milk, coffee, or tea

Baked mackerel with
herb sauce
Parsleyed potatoes
Steamed carrots
Cabbage and green pepper
slaw
Cornbread and butter or
margarine
Chocolate pudding
Milk, coffee, or tea

RECIPES FOR MEAT EXTENDERS AND MEAT ALTERNATES

Ham Loaf

Ingredients	Amount
	One-hundred portions
Cooked ground ham	10 pounds
Ground fresh pork	10 pounds
Bread crumbs	3 pounds
Salt	2 ounces
Eggs	14
Milk	3 quarts

Size of portion -- $3\frac{1}{2}$ ounces

1. Mix the ground ham, seasonings, and bread crumbs together.
2. Beat the eggs, add the milk, and combine with the meat.
3. Scale the meat into loaf pans, pressing it well into the corners.
Bake $1\frac{1}{2}$ to 2 hours in a moderate oven (325°F.)

Beef and Kidney Pie

Ingredients	Amount
	One-hundred portions
Beef chuck, boned and cut in 1-inch pieces	12 pounds
Beef kidney	12 pounds
Bacon drippings	2 pounds
Onions, sliced	4 pounds
Celery, diced	4 pounds
Carrots, cut in strips	6 pounds
Potatoes, peeled and diced	6 pounds
Salt	2 ounces
Flour	3/4 pound
Plain pie crust made with -	8 pounds flour

Size of portion -- 8 ounces

1. Split the kidneys. Remove the tubes and membranes. Soak in salt water for half an hour. Drain.
2. Cut the kidneys into $\frac{1}{2}$ -inch pieces.
3. Brown the kidneys in one-half of the drippings.
4. Add the salt, and enough hot water to barely cover the kidneys, then simmer them for about 45 minutes or until they are tender.
5. Brown the beef in the second half of the drippings and then simmer in boiling water until the meat is tender.
6. Cook the vegetables in boiling water until done.
7. Combine the meats, vegetables, and cooking liquids. Thicken the gravy with a paste made of the flour.
8. Put the meat mixture into oiled baking pans, cover with a sheet of pie crust. Slash the crust in several places, to allow the steam to escape. Bake pie in a hot oven at 425° for about a half-hour.

Creamed Eggs

Ingredients	Amount
	One-hundred portions
Butter, margarine or chicken fat	1 pound 8 ounces
Flour	1 pound 8 ounces
Milk	12 quarts
Green pepper, chopped	1 pound
Pimiento, chopped	1 pound
Salt	3 ounces
Paprika	1 ounce
Celery salt	$\frac{1}{2}$ ounce
Eggs, hard cooked	7 dozen

Size of portion -- 6 ounces

1. Make a sauce of the fat, flour, milk, and seasonings. Add the finely chopped green pepper and pimienta.
2. Cut hard cooked eggs in quarters lengthwise, add to the sauce, and heat thoroughly.
3. Serve the creamed eggs on split, toasted buns.

Baked Fish with Herb Sauce

Ingredients	Amount
	One-hundred
	portions
*Whole fish, cleaned and scaled	40 pounds
Drippings	1 pound
Salt	2 ounces
Paprika	$\frac{1}{2}$ ounce
<u>Herb Sauce</u>	
Butter, oil or drippings	$1\frac{1}{2}$ pounds
Onion, finely minced	$\frac{1}{2}$ pound
Parsley, finely chopped	$1\frac{1}{2}$ cups
Thyme	1 tablespoon
Marjoram	1 tablespoon
Sage	$\frac{1}{2}$ tablespoon
Catsup	$1\frac{1}{2}$ cups

Size of portion -- 6 ounces

1. Clean the fish and wipe with a dry cloth.
2. Season the drippings with salt and paprika.
3. Rub the fish inside and out with the seasoned drippings.
4. Lay the fish on an oiled baking pan and cook in a 350° F. oven until tender.
5. Prepare the sauce by cooking the onions in the fat for 5 minutes, then add the other ingredients.
6. Pour the hot sauce over the baked fish and serve.

* Any variety of medium-sized fish suitable for baking may be prepared by this method.

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